

Add Dental Floss to Emergency Supplies



Billie Nicholson

If you are a regular dental floss user for oral hygiene, you carry a container with you every day. In addition to cleaning between your teeth, there are other reasons to add it to your emergency supplies. There are uses for both the waxed and unwaxed versions. These include:

- Use like twine to secure bags.
- Use it as fishing line. It's the equivalent of 20 pound test.

- Sewing to repair clothing or tarps.
- Use some to make a bow drill to start a fire and use waxed floss to bind wood kindling. When lit, it will burn like a candle wick.
- Use un-waxed floss to tie food to a stick to cook over an open fire
- Works to secure your food out of animal reach.
- Tie tarp into a tree to make a shelter.
- Braid several strands together for replacement shoe laces.
- Use as a suture to close wounds.
- Make a trip line for an early warning of visitors.
- Can be used as a clothes line to hang wet clothes to dry.
- Secure gear to outside of carry pack.
- Tie a piece of floss through the frame of your glasses to replace a lost screw.
- Secure pants and sleeves against cold and rainy weather; or to keep out chiggers and ticks.
- Save the empty container to store small items

References

Ask Billie



Carl from Kansas Asks:
What is a Villager Sun Oven?

A. The Villager Sun Oven® is the only commercial solar oven manufactured in the world. It is designed to feed large groups of people quickly. Over 1200 meals a day can be cooked or hundreds of loaves of bread can be baked using the energy of the sun. Currently these solar bakeries are being used in over 40 deforested countries in the world. These units can serve special groups, like children in an orphanage, and be used as a micro-enterprise to alleviate poverty.

What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to editor@sunoven.com



Billie Nicholson



Order Your Sun Oven® Today

Recognizing the Symptoms of a Stroke

A stroke occurs when oxygen and vital nutrients carried in the blood is cut off from the brain. According to the American Stroke Association, nearly 700,000 Americans suffer strokes each year. Nearly 25% of those victims die. There are two reasons - in one, called an ischemic stroke, a blood vessel in the neck or brain is blocked by plaque or a blood clot. This makes up over 80% of strokes. The second reason known as a hemorrhagic stroke involves a blood vessel bursting or leaking.¹

A stroke is a serious medical emergency. The victim has only 2-6 hours to stop permanent brain damage. Getting to a hospital as quickly as possible is critical.² Don't take time to drive there. Call 911 immediately. AN EMT can begin administering aid on the way to hospital. if you recognize any of these symptoms. For each minute the blood flow to the brain is blocked, 1.9 million neurons are lost.³ This could affect a persons speech, mobility and memory.

1. Sudden Confusion or difficulty speaking or understanding - ask the victim to repeat the following: "You can't teach an old dog new tricks." Slurred words, using the wrong words or an inability to speak are symptoms of a stroke.
2. Sudden numbness or weakness of face, arm or leg, especially on one side of the body - often an affected limb on the opposite side of the body from where the stroke occurred will go numb, feel weak or be unable to move. Stretch out both arms with palms up for 10 seconds. If one arm drifts down, that indicates muscle weakness. Also with eyes open, lift one leg at a time.²
3. Sudden trouble seeing with one or both eyes - blurred vision or loss of vision in one eye or double vision are not readily recognized as a stroke symptom.
4. Sudden trouble walking, loss of balance, or dizziness - don't confuse these symptoms with inebriation or the flu.
5. Sudden severe headache with no known cause - women are more likely to have a headache with stroke than men. Don't hesitate to ask for an MRI in the emergency room.
6. Droopy face - if one side of the face appears to be sagging or doesn't move, ask the victim to smile, stick out his/her tongue or show teeth. The weakness will be obvious.

Strokes are the number 4 cause of death in the U.S. In addition, they are a leading cause of severe long term disability. **Don't hesitate to get help immediately and don't let the stroke victim over-rule a decision to call 911.** The American Stroke Association has shown that administering a clot-busting drug within three hours of the first symptoms, reduces long-term disability for nearly 90% of all cases.⁴

[References](#)

Benefits of Chia Seeds - More than a Chia Pet

Billie Nicholson

Do you remember the television ads for ceramic characters covered in green leaves? Sold only during the holidays, these seed sprouting kits must be the gift for the person that has everything. Chia seeds, surprisingly, are one of the healthiest foods on earth and are considered an amazing superfood.

Chia seeds come from a member of the mint family, *Salvia hispanica* L. They are rich in omega-3 fatty acids, protein, calcium, antioxidants and are one of the richest known sources of dietary fiber. They can be consumed whole or ground and mixed with other grains into bread or added to smoothies for increased creaminess. Gluten free, chia can be part of a diet for those sensitive to gluten containing grains, like wheat. When you mix chia with water a gel is created. (Wet chia seeds remind me of tadpole eggs.) This works well as an alternative to eggs in baked goods.¹ Mix 3 Tbs. warm water with 1 Tbs. ground chia seeds. Let stand 5-10 minutes.²

Chia was one of the most important crops for the ancient Aztec and Mayan cultures long ago. They continue to be a food staple for the Tarahumara Indians, a Mexican tribe of super athletes, living deep in Mexico's remote Copper Canyon. Known as "the running people" and the subject of the book *Born to Run*, they run 50 to 100 miles at a time just for the fun of it. Chia seeds and pinole (roasted corn cake) are the two staples of their diet.³ The Indians prize chia seeds for their ability to provide sustainable energy. One ounce (28 grams) or 2 Tbs. of chia seeds contains:⁴

- Fiber: 11 grams
- Protein: 4 grams
- Fat: 9 grams (5 of these are omega-3s)
- Calcium: 18% of the RDA (recommended daily allowance)
- Manganese: 30% of RDA
- Magnesium: 30% of RDA
- Phosphorus: 27% of RDA



Photo RustyBuggy.com

Easy to incorporate into your diet, they can be added to anything, don't need to be ground, they can be eaten raw, soaked in juice, added to porridges and puddings, or into baked goods. Chia seeds added to any recipe will dramatically boost the nutritional value.⁵ Chia seeds keep on the shelf for up to two years. The high quantity of healthy antioxidants act like a natural preservative, preventing them from going rancid. Chia seeds should be in every bug out bag. Try it you'll like it.

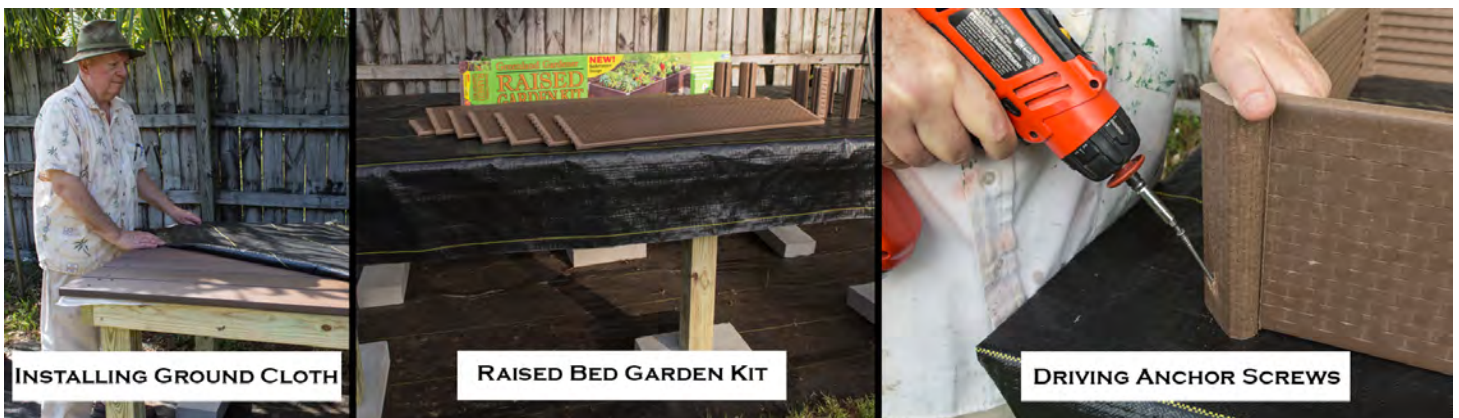
References

Raised Bed Gardening **Getting to the Root of the Problem**

Robert and Billie Nicholson

We have been enjoying raised bed gardening for years and have had great success growing a wide variety of healthy, delicious and cost effective fresh vegetables. We use artificial soil as described below. This works great, so great that everything wants to be in the soil, including roots from other nearby trees, shrubs, etc. Our solution was to build a raised square foot garden so that nearby roots are not aware of our rich soil. Other advantages include not stooping to tend the plants and those with disabilities can sit in a wheelchair to continue the pleasures of gardening. Also when building the raised portion of your growing bed you can adjust the length of the legs to accommodate the slope of your property. We can build a few beds at our lake house and not have our veggies tumbling into the lake.

Our raised garden bed table was made from pressure treated lumber and placed on cement blocks. To keep the chemicals used to preserve the wood frame isolated from our soil we installed a plastic barrier, plastic composite decking and ground cloth before placing our plastic composite garden kit (4'x8') on top. We secured the garden kit to the table with metal braces and 3 ½ inch #10 stainless steel screws. The finishing touch was to place strips of ground cloth at right angles inside the garden bed to prevent soil from washing through the cracks as the unit ages.



Photos RustyBuggy.com

Raised Bed Gardening

Getting to the Root of the Problem

Robert and Billie Nicholson (continued from page 4)

For The Growing Medium:

We buy our growing medium from the local farm store and get a better price.

1/3 - (4 cu foot bail) – Peat Moss

1/3 - (4 cu foot bag) – Vermiculite

1/3 blend of the following:

- Composted cow manure
- Composted chicken manure
- Composted mushroom

Method

Start by opening the peat moss and break it up into small pieces in the bed. Add vermiculite and mix well. Open other bags and mix well working out lumps. Mix all growing medium dry. When finished mixing, water in the growing medium well (about one hour), test bed by checking bottom for dampness. If the bottom is dry, water until damp. This soil mixture has its good & bad issues. Good: Very rich mixture & great 1st year yields with no weed seeds. Bad: Very rich mixture so that every root in the area wants to invade the rich soil.

This rich bed is so delicious that garden worms will come to live. If you see worms in the yard pick them up and place into your new raised bed garden to speed up the worming process. We buy garden worms every 5 years or so. This year we ordered 1000 worms from Uncle Jim's Worm Farm. They come with homecoming instructions. Go to <http://unclejimswormfarm.com>

NEVER step into your raised bed, as this will compact the soil and impede the great things to come. Reach in from either side to do your gardening work.

You are now ready to plant. Remember that this method of growing will yield bigger plants than you are used to seeing, so be careful to not plant your new seedlings too close together. More information is found at <http://www.squarefootgardening.com>



Curried Chicken and Rice from the Solar Chef



This tasty one dish meal is a good way to make use of left over chicken.

*Solar Baked Curried Chicken and Rice**

* Adapted from Weight Watchers "In One Pot"

INGREDIENTS

- 1 1/3 cups chicken broth
- 1/2 cup light coconut milk
- 1 tablespoon coconut oil
- 1 onion, finely chopped
- 1 red bell pepper, seeded and chopped
- 2 tablespoons minced, peeled fresh ginger
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1 teaspoon garam masala
- 1/4 teaspoon salt
- 1 cup brown rice
- 2 cups previously cooked chicken, skin removed and shredded
- 1 (14 1/2-ounce) can diced tomatoes

1 cup frozen peas, thawed

2 tablespoons chopped fresh cilantro

PREPARATIONS

Set Sun Oven out to preheat.

In a sauce pan, combine the chicken broth and coconut milk and bring to a simmer. Keep warm.

Heat the oil in a large pot or Dutch oven. Add the onion and bell pepper and cook, stirring often, until the onion is golden, about 5 minutes. Stir in the ginger, garlic, curry powder, garam masala, and salt. Stir in the rice until evenly coated. Stir in the chicken and tomatoes. Stir in the warm broth mixture, cover and transfer to the Sun Oven. Cook until the liquid has been absorbed, about 45 minutes. Stir in the peas and leave in the Sun Oven another 5 minutes. Sprinkle with cilantro just before serving.

Makes 4 to 6 servings.

Enjoy the Luxury of a Warm Shower

The **SOLAR SHOWER** is a great addition to emergency preparedness supplies during times when power or water access is limited. Fill it with water and hang it in the sun for about three hours. You'll have 5 gallons of warm water using the sun's energy. When placed outdoors in the direct sun, the matt black container absorbs the sun's light energy and converts it into heat. Learn how to use it before you need it.

Camping fever will soon be hitting every neighborhood. Do you like to "rough it" and live in the wild, miles from civilization? After a couple of days do you yearn for the luxury of a warm shower to take off the grime? Now you can have both, the solitude and a warm shower. The **SOLAR SHOWER** is perfect for all your washing needs.

Constructed of durable PVC, with an easy filling cap and a sturdy carrying/hanging handle, it is perfect for all your washing needs. The handy on/off valve is connected to a shower-head for easy access allowing you to control how much or how little water you use. Once heated, the water in the **SOLAR SHOWER** will stay warm for another three hours after the sun goes down.



On-off twist valve
for easy use

Black body
absorbs heat
from direct
sunlight

Specifications

- Capacity: 5 gallons
- Dimensions: 20 x 16 inches
- Weight: 14 ounces (empty)

[Learn More](#)

Safe Rooms for Tornado Survival

FEMA

Tornadoes and hurricanes are among the most destructive forces of nature. Unfortunately, these types of wind storms continue to cause injury and death to people who are unable to safely evacuate or find shelter from these events.

The National Weather Service did not start keeping organized records of tornadoes in the United States until 1950. Since then, the deadliest year for tornadoes was 2011,

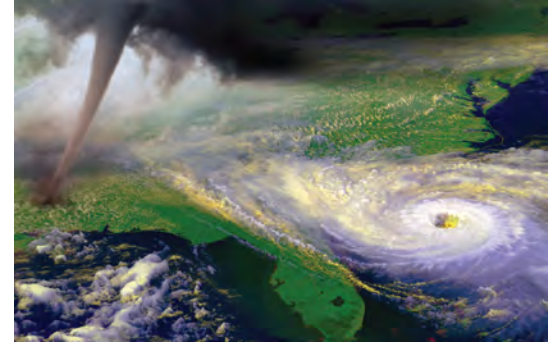


Photo FEMA public domain

which claimed 553 lives. The single deadliest tornado to date was in Joplin, MO, on May 22, 2011, with 161 fatalities.

Compared with hurricanes and earthquakes, single tornado events typically affect smaller geographical areas but occur more often and cause more deaths. From 1950 through 2011, tornadoes caused about 5,600 fatalities in the United States, more than hurricanes and earthquakes combined over the same time period (NIST 2014).

FEMA has long supported the development of hazard-resistant codes and standards by assessing how structures respond in a disaster. Assessment conclusions and recommendations are applied through active participation in the process of creating and developing building codes and standards, including the Standard for the Design and Construction of Storm Shelters, known as ICC 500.

The most cost-effective way to design and construct a safe room is to include it in a new building. The cost of retrofitting an existing building (or portion thereof) is higher due to the additional design and construction constraints.

In new construction, the safe room is often built in the basement. The likelihood of wind-borne debris entering the basement is lower than for above-ground spaces; however, a basement safe room should still be designed to resist the extreme wind pressures that an above-ground safe room would need to resist. If you plan to add a basement safe room as a retrofitting project, keep the following in mind:

- You must be able to clear out an area of the basement large enough for the safe room.
- Unless the exterior basement walls contain adequate reinforcement as shown on the design drawings provided with this publication, these walls cannot be used as safe room walls because they are not reinforced to resist damage from wind-borne debris and extreme winds uplifting the home's floor structure above.
- Exterior basement walls that are used as safe room walls must not contain windows, doors, or other openings in the area providing protection unless they are protected with an appropriate protective device or are designed to resist the debris impact and pressure associated with safe room design.
- The roof of the safe room must be designed to resist the wind pressures and debris impact forces.
- Just as the walls and roof of a safe room are designed and built to protect against extreme winds and wind-borne debris, so must the safe room door and assembly. Only door assemblies designed and tested to resist debris impacts and wind pressures can provide near-absolute life-safety protection.
- Some manufacturers produce and install prefabricated safe rooms.

[References](#)